

2 Bean Chili



Makes 8 Servings

Ingredients:

- 1 Can Kidney Beans Drained
- 1 Can Black Beans Drained
- 1 Can Corn, No Salt Added
- 2 Cans Diced Tomatoes with green peppers
- 3 Cloves of Garlic Chopped
- 2 Tablespoons Olive Oil
- 2 Tablespoons Chili Powder
- 2 Cups Water

Directions:

1. Heat oil in a large pot and cook the garlic over medium heat.
2. Stir in the chili powder and pour in the drained beans, canned tomatoes with juice and 2 cups water.
3. Simmer over medium high heat for 15-20 minutes.

Nutrition Information per serving: calories, 186; carbohydrates, 32gm; protein, 9gm; fat, 4gm; saturated fat, 1gm; trans fat, 0gm; cholesterol, 0mg; fiber, 9gm; sodium, 552mg; calcium, 91mg; folate, 24mcg; iron, 2mg; percent calories from fat, 19%

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

